Lunch with Nurse Steve:



"Isn't More Medication Better?

Thursday, April 11, Noon

Nurse Steve's talk will be "a discussion on the correct use and dosage of medication."

Sign-up by Wednesday, April 3

\$5.00 (Regular meal cost) Nurse Steve's talk at 12:30 p.m. is free.

Menu: Baked Potato, Chili, Spinach Salad, Applesauce

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+ 301-600-7020

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

<u>UrbanaSeniorCenter@FrederickCountyMD.gov</u>

www.FrederickCountyMD.gov/318/Urbana-Senior-Center